

# HEALTHMATTERS

*The Cincinnati Health Department Newsletter*

IN THIS ISSUE, WE'RE  
COVERING:

- **MENTAL HEALTH**
- **CERVICAL HEALTH**
- **GLAUCOMA AWARENESS**
- **EMPLOYEES LEAVING  
CHD**

## DATES & EVENTS

National Glaucoma Awareness Month

Cervical Health Awareness Month

World Leprosy Day  
- January 30, 2022



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# MENTAL HEALTH

As we begin the new year, we want to focus on the importance of mental health and why you should take yours seriously. We will break down the four M's of mental health: Movement, Mindfulness, Meaningful Engagement, and Mastery. We must learn to live life fully despite the challenges we face collectively and individually.



## MOVEMENT

Anxiety raises the stress hormone levels in our body which can inhibit the release of neurotransmitters and hormones that help boost mood and improve sleep cycles. Movement, like exercising, gardening, or walking allows the production and release of endorphins, dopamine, norepinephrine, and serotonin, giving an instant change in body chemistry. Simply get moving to experience an improvement in your mental health.



## MEANINGFUL ENGAGEMENT

Human beings are created for connection. We need it. Take time to talk with those you trust. Be vulnerable and open. Quarantine and restrictions have altered our connections. Online options may not be as satisfying, as in person, but it helps with our need to connect. Consider friends, family, and a wider community. Acts of kindness to others can also serve this deep need to connect.



## MINDFULNESS

Being mindful involves noticing. Noticing the present moments using our five senses: seeing, touching, hearing, smelling, and tasting. Practice mindfulness in everyday activities. Notice senses when brushing your teeth, eating, driving, and doing the dishes. Notice thoughts and allow them to pass without condemning yourself. Deep breathing is helpful to ease anxiety and improve focus.



## MASTERY

Creative activities and focusing on something you enjoy will help move your mood from the depressive rumination cycle. Try something new or get better at something that interests you. Woodworking, cooking, painting, music, learning a language, karate, crossword puzzles, sudoku, dance, photography, horticulture, crochet, knitting, pottery; the list is endless.

# CERVICAL HEALTH AWARENESS MONTH



The United States Congress designated January as Cervical Health Awareness Month. More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with appropriate screening.



The American Cancer Society officials estimated about 14,480 new cases of invasive cervical cancer would be diagnosed in the United States in 2021, and projected that approximately 4,290 women would die from the disease. In Ohio, projections showed there will be 500 new cases diagnosed and 150 deaths.

The five-year survival rate, or percentage of women who survive at least five years after the cancer is detected, including all stages of cervical cancer, is 65 percent. When detected at an early stage, the five-year survival rate for women with invasive cervical cancer is around 90 percent, according to the American Cancer Society.

Early testing, especially with cervical cancer, is the best defense, as the disease usually shows no symptoms or signs. Cancer, including cervical cancer, continues to have a high mortality rate in the Ohio Valley. Although, our area has been plagued with many forms of the disease through the years, early detection continues to be the best possible defense. There is no denying it, early detection saves lives.

Please, take the time to get screened.



# NATIONAL GLAUCOMA AWARENESS MONTH



January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent.

## WHAT IS GLAUCOMA?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. Early detection is vital to stopping the progress of the disease.

## TYPES OF GLAUCOMA

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

## REGULAR EYE EXAMS ARE IMPORTANT

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. If you have glaucoma, you may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

## WHAT YOU CAN DO

Here are some ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, let your family members know.
2. Refer a friend to our web site, [www.glaucoma.org](http://www.glaucoma.org).
3. Request to have a [free educational booklet](#) sent to you.
4. Get [involved in your community](#) through fundraisers, online information sessions or group discussions, etc.



# LEAVING CHD



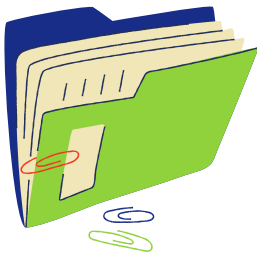
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**THANK YOU FOR YOUR  
SERVICE AND WE WISH  
YOU ALL THE BEST!**

# HEALTH MATTERS NEWSLETTER EDITOR IN CHIEF

**If you have anything you would like to share in the newsletter please send information to Camen Anderson at [CHD.media@cincinnati-oh.gov](mailto:CHD.media@cincinnati-oh.gov)**

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